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Hype-Free Food

Breakfast Suggestions

Breakfast can come from any source other than from a package, a can, an envelope, a powder, etc. Rotating foods is important. Breakfast will affect insulin levels in your child, which makes a major impact on the craving for sugar. Avoid starting the day with sweets, syrups and packaged foods. Sugar cravings are not only a sign of a mineral need but also of an improper functioning body. Where should you start?

Avoid bananas, dates, figs, grapes and raisins in the morning. These foods will raise insulin and cause blood sugar variations and can effect the production of prostaglandins. Use wholesome non-sugar breakfast cereals with soymilk, rice milk or almond milk. Soy yogurt is excellent on cereal, but some do contain evaporated cane juice. Bake a coconut. (Drill holes to let milk out, cook 325 for 10 minutes—mmmmmm, good!) Don't limit yourself to traditional breakfast choices.

☑ **Oatmeal** is a simple food. It takes less than seven minutes. Boiling water, adding oats and letting it simmer for five minutes, sprinkled with Celtic Sea Salt and possibly some added applesauce (which has been homemade by you). Remember, almonds and sesame seeds are a great source of calcium; walnuts and pecans are an excellent source of Omega 3 oils; pumpkin seeds, sunflower seeds and any other seeds that you can think

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Hype-Free Sassy Sweeteners

Your Guide to Understanding Sweeteners

Most of my patients have questions about sugar and natural sugar alternatives. Increased sugar consumption is a contributing factor to behavioral challenges, and it is a leading cause of many other health conditions as well. Because you might have chronic sinusitis, migraines, headaches or back pain, it is very important for you to understand why you need to be a label reader.

The average American consumes 149 pounds of refined sugar each year. If your body were to convert this, it would add 79 pounds of fat. By calculating the amount of sugar that comes from soda consumption, it is easy to see why our children are in a diminished state of health. Most Americans eat too much refined sugar, which travels through your mouth and stomach tissues right to your bloodstream. This wreaks havoc on your blood sugar levels and your immune system.

Our human instinct to seek sweeteners is so strong that an unborn baby will make swallowing motions when its mother is injected with a sweetener. Our intense instinct for sweeteners causes us to seek out sweet breast milk. Even in adulthood, sugar continues to be a common craving. How many of you had

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Fantastic Flax

Common Questions Regarding Flaxseed Oil

Does my recommendation to supplement your diet with one or two tablespoons of flaxseed oil per day pique your curiosity? Most health authorities tell people to restrict their intake of fats and oils. However, I believe my recommendation makes perfectly good sense for good health. Our patients regularly report to us the benefits of flax, most notably stabilized, healthy cholesterol or triglyceride levels. While it is true Americans should not consume more than 30 percent of daily calories as fats, a lack of the dietary essential fatty acids (EFAs) plays a significant role in the development of many chronic and degenerative diseases such as heart disease, arthritis, cancer and strokes.

Q. *How common is essential fatty acid insufficiency?*

A. Some experts estimate that as much as 80 percent of the United States population fails to consume an adequate quantity of essential fatty acids. This dietary insufficiency presents a serious health threat to Americans. Nearly 100 percent of my patients initially had never heard of flax oil prior to their initial visit to my office. Essential fatty acids are

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Unmasking Vitamins

Supplement Protocol

There is a HUGE difference between synthetic and natural vitamin supplements. Often supplements may cause health problems. If you and/or your family are taking supplements and have noticed no change in health response, please try the types of supplements that I am suggesting.

You may, in fact, buy your own supplements via a network marketing company...Yet while there are excellent companies out there, it comes down to results.

Supplements are another component of “media nutrients.” Various companies advertise “*specialized*” or *high dosage supplements*.” There are many sources of supplements. Some are excellent; others are quite poor. You may, in fact, buy your own supplements via a network marketing company. That’s great. Yet while there are excellent companies out there, it comes down to results.

Do not believe everything you see on T.V. Ask your natural health care advisor for assistance. Vitamins/minerals/herbs have become convenience, synthetic foods. I have patients who are taking bags of supplements and still feel miserable. There are medical providers today who have found it very profitable to be the spokesperson for a vitamin/herb line. Some have developed their own line of

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Beyond Antibiotics

Experience is valuable when making observations. Many of America's children have been on one or two programs of antibiotics or medication for emotional or behavioral challenges, sometimes even more. It is not uncommon to find children on regular "maintenance" dosages of general or wide-spectrum antibiotics for as many as four years. Keeping children on antibiotics does not give the child's own immune system an opportunity to perform what it was designed to do. Physicians should preach on lifestyle modification.

While wide-spectrum antibiotics are designed to minimize and eliminate unhealthy bacteria, they also keep the healthy bacteria in check, precipitating yeast overgrowth. Yeast overgrowth leads to a variety of symptoms and conditions, including hyperactivity. Your child and you will continue to crave sugar, which feeds the yeast and continues the cycle of yeast overgrowth and toxins being released into the system. The cycle must be broken. First, you must change your current lifestyle. If you do not, you will continue to be dependent on antibiotics.

I am not saying never take antibiotics. But anything less than prudence weakens the immune system and leads to taking antibiotics on a continuous basis. The recent media blast of "super bugs" resulting from antibiotics misuse should alarm you enough to do something different.

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Subluxation

Nerve Interference

Your nervous system is the body's computer network. It links everything together. This is a vital link that will help not only your child's health but your own as well. Natural health care providers, including naturopaths, osteopaths and chiropractors, have utilized spinal correction since the 1800s. Medical practitioners have no formal training in this area. Their focus is on the pharmaceutical approach to treating the disease. All health care providers have their niche. If the power is off to your refrigerator, you could put ice packs in it every four hours to keep it cool and do that for years, but wouldn't it be easier to flip the switch that would turn the power on to the motor? Yes.

Nutritional modification, behavior management and medication are not the entire answer. Spinal subluxation correction with a holistic practitioner plus nutritional supplementation is an important part of the process. You can consume nutrients, but if your nervous system is not functioning optimally, your body will not function at top performance. Your nervous system controls the function of your body.

What is Subluxation?

Subluxation is a condition brought about when a spinal bone displaces and/or presses on nerves that carry information from the brain through the spinal cord to organs. Subluxations can

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Supportive Parent's Guide

If you are extremely frustrated and disillusioned, I understand your dilemma. Most patients don't know exactly where to start.

Dealing With Feelings

There is a tremendous amount of tension and frustration in households with a hyperactive child. Parents may be at an exploding point as to how to handle their child's emotional outbreaks. Parents are frustrated and confused by their child's behavior: behavior that is "normal" one moment and totally different the next for no apparent reason. Many parents feel totally helpless. In a recent conversation, one mom imitated for me the shrieking, screaming noises her son makes for no obvious reason. Parents feel that there is no hope and have friends who are just as confused. Parents' emotions are constantly being stretched, and they don't know what to do.

You need to be strong, diplomatic and objective. Hyperactivity is a real condition that improves only by making lifestyle and dietary changes. Everyone is not going to accept change. The child is stressed enough. These real life issues, feelings, thoughts and ideas are a part of your program. You may be frustrated because you have read many articles about hyperactivity, ADD, ADHD and ODD that suggest various supplements, herbs, potions and psychological therapy and counseling, but no improvement is forthcoming.

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Prizewinning Pilot Program

Participants in our program included married couples, young children, teens, family members from solid homes, mixed homes, blended environments and single-parent families. Most experienced immediate improvement. A few had more of a struggle, but only two families that started the program did not finish. One young man was on stomach medication that his family felt prevented him from participating; a mom and her son, as they began participation in the program, unexpectedly had to go out of state for personal reasons. My other participants did extremely well.

I needed participants for a project to help resolve ADD, ADHD, ODD and hyperactivity. I needed individuals that knew nothing about natural care. We screened all those who applied and only declined those who could not commit to the 102 days of lifestyle modification. I knew there would need to be alterations in lifestyle or there would be no change in behavior challenges.

All the participants began with the same pre-programmed ideas: the only treatment for the problem is medication. They were under the assumption that the food they were eating had nothing to do with their child's problem.

The pilot program is described below. The participants were at a disadvantage because they had no book to follow. They

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Hype-Free Irresistible Recipes

The following recipes can very be made at home very easily and used as a substitute for commercially-prepared foods. These recipes do not include ingredients that contribute to hyperactivity but rather offers alternatives that maintain a healthy body and sharp mind.

I have been advising my patients to limit soy products to eight ounces daily. All the long-term effects of modern soy are not known yet.

As a family, explore these new foods. Enjoy their diverse flavors and have fun with growing healthy together!

These ingredients can be found in most health food stores and in the health food section of progressive grocery stores. You can use the web page contact listed in the book for direct sources of foods.

A manual spray pump for oil, including olive, high oleic safflower or sunflower as an oil source is a recommendation to coat cooking pans and dishes.